Still Troubled By Vietnam?

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If you're a Vietnam era veteran, you may have had some rough times since you came home.

Perhaps you . . .

- think about your Vietnam war experiences almost every day
- have nightmares of "flashbacks" about Vietnam, or difficulty sleeping
- sometimes act in a self-destructive manner, or find yourself thinking suicidal thoughts
- can't seem to get close to others; have difficulty expressing your thoughts and feelings to those who care about you
- are often withdrawn, sad, angry, depressed or find your moods change abruptly
- have some concerns about your use of alcohol or drugs
- feel guilty you survived

And perhaps you stop yourself from getting help because you think Vietnam "should" be behind you.

Old patterns are hard to break. Maybe alcohol or drugs are a bigger part of your life than you'd like them to be. Maybe your stress piles up until you let loose—on someone you love, or against yourself. Maybe you've felt alone and isolated so long that its comfortable now.

Maybe you've readjusted pretty well. You have a job, a family and friends. But every now and then you find yourself withdrawing —and memories of Vietnam disturb you again.

The Vet Center can help you change and learn new, positive ways of coping.

The Vet Center provides counseling to Vietnam era veterans and to their families. Our counseling staff knows the problems Vietnam veterans face because we have been there too. We can help you deal with your feelings about Vietnam, and with most related concerns you may have. The Vet Center is informal; stop in, or call for an appointment.

Let us help you put Vietnam behind. You don't have to fight it alone.

Counseling services are provided at no cost to Veterans and their families.

Vet Center

710 N. Church St.
Rockford, IL 61103
815/964-1360

147 S. Butler St.
Madison, WI 53703
608/264-5342

In addition, the Vet Center can assist Vietnam era veterans with:

- benefits information
- referrals for medical care
- vocational and educational assistance (as related to readjustment counseling—delimiting date extension)
- job counseling
- Emergency Job Training Act information
- alcohol and drug problems
- marital and family concerns
- stress reduction
- personal concerns

Vet Center services will be available to eligible veterans on an as-needed basis. Eligibility is determined by dates of service. Please contact us for more information.

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